

Refreshing Apricot Smoothie

Makes: 2 Servings

This recipe combines canned apricots and yogurt for a delicious smoothie. Consider canned apricots as a delicious dessert or snack served directly from the can.

Ingredients

- 1 can** apricot halves (chilled, about 15 ounces)
- 1 cup** low-fat plain or vanilla yogurt (8 ounces)
- 2 drops** vanilla extract (2-3 drops, to taste)
- 6** ice cubes (6-8 cubes)

Directions

1. Combine all ingredients in blender.
2. Cover and blend on high until smooth.
3. Add more ice cubes for a thicker smoothie.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	260	
Total Fat	2 g	
Protein	8 g	
Carbohydrates	60 g	
Dietary Fiber	6 g	
Saturated Fat	1 g	
Sodium	90 mg	